

Every Day:

9:00 Open 9:30 Gathering Circle
 10-11:30 Morning Programs
 Mon, Tues, Wed, Thurs. BYO Lunch
 Hours: 9-2 Mon-Thurs., Fridays 9-12

The Center for Wisdom's Women
 97 Blake St. (between Pine and Ash)
 513-3922
www.wisdomswomen.org



<u>DAILY</u> Gathering Circle and Qi Gong 9:30 BYO Lunch M-Th 12:00	Mon close at 2:00	Tue close at 2:00	Wed close at 2:00	Thu close at 2:00	Fri close at noon
	<p>Empathy has no script. There is no right way or wrong way to do it. It's simply listening, holding space, withholding judgement, emotionally connecting, and communicating that incredibly healing message of "You're not alone".</p>			1 Healing Arts Maryam	2 Herban Works Meeting
10-11:30 12:30-1:30				Empathy Story Sharing	1:30 TIY=Trauma Informed YOGA
10-11:30 12:30-1:30	5 Writing Workshop World Music	6 Good Food Bus feedback session Peasant Pantry Prep Reiki, sign up 1pm	7 Cooking Matters 6-wk session! Coloring	8 Peasant Pantry Café, all day (Irish Stew, Colcannon) 10:00-11:30 prep 11:30-1:30 serve 1:30-2:00 clean up	9 Herban Works Limericks TIY
10-11:30 12:30-1:30	12 Writing Workshop Daylight Savings! World Music	13 Plastic Canvas Poetry Sharing	14 Cooking Matters 6-wk session! St Patrick's Day mini meal	15 Healing Arts Maryam CLOSED AT NOON for Sophia's Circle	16 Herban Works Wood Crafts, Hilda
10-11:30 12:30-1:30	19 Writing Workshop World Music	20 Jewelry Making, Sue C Women who Inspire	21 Cooking Matters 6-wk session! Chinese Medicine, Lauren	22 Goddess Eyes, Pat Spring Sing	23 Games TIY
10-11:30 12:30-1:30	26 Writing Workshop Coloring	27 BINGO Poetry Sharing Trans Group 6pm	28 ART VAN March Birthday Celebration	29 Clothing Give-Away all day!	30 Herban Works Coloring Easter Eggs

New Books New Readers
 2nd Saturday, 10-11:30

WISE STRONG WOMEN SPEAK, 3/23

QUOTE of the MONTH:

We must understand before we judge.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Volunteers	<u>Desk:</u> Ruth	<u>Desk:</u> Ashlee	<u>Desk:</u> Judy a.m. Sue C p.m.	<u>Desk:</u> Sue S.	<u>Desk:</u> Ashlee
	<u>Companions:</u> Sue a.m. Pat G all day	<u>Companions:</u> Nancy G & Anita a.m. Leslie p.m.	<u>Companions:</u> Pat L a.m. Cathy p.m. (back 3/21)	<u>Companions:</u> Pat G. all day, Nancy R. a.m.	<u>Companion:</u> Linda



SPECIAL EVENTS!

GOOD FOOD BUS FEEDBACK: Tuesday, March 6, The Center is hosting St Mary's Nutrition Center for guests to provide 2017 feedback on the Good Food Bus, a mobile food market with stops at the Center that brings fresh vegetables, fruit, and other essential food items directly to where people live, work, and play.

NEW! COOKING MATTERS!! Starts Wed, March 7. The Center is hosting Maine Snap-Ed in providing a 6-week series of cooking classes that are healthy, affordable, and delicious! Sign-up at CWW or call 513-3922.

CHINESE MEDICINE Wednesday, March 21 Lauren Breau, acupuncturist and herbalist at L/A Community Acupuncture, will talk about traditional Chinese Medicine and how it differs from western medicine and can be a really helpful compliment to it.

WISE AND STRONG WOMEN SPEAK!! Friday, March 23, 5-7pm. The Center is hosting Ann Brown, MD and Margo Goodman-Sullivan, MD, as they have a public conversation about alternative medicine. Refreshments provided.

PAINT EASTER EGGS!! Friday, March 30. Bring some eggs to decorate with fun colors for the Easter Holiday. We will provide limited number of eggs.

BOOK CLUB – NEW BOOKS, NEW READERS Saturday, March 10 For people who never thought they could be in a book group! Trying a Saturday morning, once a month. Come join especially if you are learning English or need practice to read better. **Join us 2nd Saturdays 10:00- 11:30am.**

SUPPORT GROUPS

Tuesdays @ 11:30 – 1:30
Support for Family Caregivers available for those who have the task of caring for a family member who is sick or disabled.

Tuesdays @ all day Health Affiliates therapist available.

Tuesday the 27th 6:00 pm
Trans Support Group Monthly.

Fridays @ 1:30 to 2:30
Trauma Informed YOGA Practice Come and share and learn gentle ways to ease your fears. Meets 1st, 2nd and 4th Fridays.

SOPHIA'S CIRCLE!

Sophia's Circle is our core team of volunteers who each staff the front desk weekly and are responsible for hospitality at the Center. They also help with housekeeping. Hospitality is important at the Center! And how our space looks says a lot! Remember the first time you came, how nice it was to have a friendly welcome, and how good it felt to be in a beautiful, clean space? The circle meets monthly (lunch provided) to reflect on the work, share ideas, come up with guidelines for Sophia Circle, and provide some training. They go on retreats or field trips together during the year. If you want to commit to being part of this team, and participate in the Sophia Circle meetings, speak with Sonia.

OTHER WAYS YOU CAN HELP THE CENTER ...

Outreach – Spread the word, invite new women to come. We have small cards to keep in your pocket and give to women who don't yet know about us! Christine can teach you how to spread the word about the Center! **Need something to do?** You can make **Wisdom Boxes or Gratitude Beads** that we sell – someone will teach you how! Get involved with **Herban Works** our growing social enterprise! Staff our table at the **Farmer's Markets** on Sunday March 19, 10-1:00. Or see what needs cleaning!

IN THE KITCHEN:

Those who participate get to enjoy the food and take any leftovers home with the recipes!
Thursday the 11th at noon – Peasant Pantry Cafe serving Irish Stew, Irish Soda Bread, and Colcannon.

Other Great Local Monthly Programs! FREE!

NUTRITION CENTER: Adult Cooking Class Last Tuesday of every month, 27th 5:00 - 7:00 pm.

TRINITY: Second Sundays Drum Circle – 11th @ 1:00. Instruments available, beginners welcome!

LEWISTON FARMER'S MARKET: Will start again in Summer 2018.